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'Be part of the new NDP'

Close race. Cam Broten calls for united front in first official speech as party's new leader; names Wotherspoon deputy leader

Saskatchewan's new NDP leader said it's time "for all hands on deck" as the party looks to rebuild after being massacred in the last provincial election.

In his first official speech as leader, Cam Broten told party members Sunday that they must be united.

"It's a time for all of us, regardless of what team we supported, to come together under one orange banner and build the alternative and earn the trust of Saskatchewan people once again," Broten told about 445 people at the party's convention in Saskatoon.

"This is my invitation to you, if you wore a button, if you volunteered to work on a campaign ... if you came out to a debate, if you simply cast your vote yesterday, I want you to be part of the new NDP here in Saskatchewan."

The appeal came after Broten defeated Ryan Meili by just 44 votes on Saturday to win the leadership. Broten captured 4,164 of 8,284 votes cast on the second ballot while Meili received 4,120 votes. Regina MLA Trent Wotherspoon got dropped off after the first ballot.

Before starting his speech, Broten named Wotherspoon as the new deputy leader. Broten also invited Meili to speak.

Some of Meili's supporters were in tears after the loss on Saturday, and many questions were asked about how the party will retain the young people that were attracted to his campaign. Meili said Broten has his full support.

"We all need to be one team now and build on the work that was done," said Meili.

And the NDP has a lot of work to do.

Age

34

At 34, Broten is the youngest person to lead the Saskatchewan NDP. The married father of two young daughters was first elected as a member of the legislature in 2007 and re-elected in 2011.

The party that Tommy Douglas founded and was led by political giants like Allan Blakeney and Roy Romanow is down to just nine of the 58 seats in the Saskatchewan legislature. It desperately needs to find a way to reconnect with voters, and many think a younger, more energetic leader is the key.

"I want to listen," Broten told reporters after the speech.

"I want to have people taking on significant, important roles within the party because we need all hands on deck. This isn't the time to push people away. It's a time to welcome in even more people."

THE CANADIAN PRESS

Newly elected Saskatchewan NDP Leader Cam Broten gives his new-leader address at the Saskatchewan NDP convention in Saskatoon on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

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Regina police investigate death after man's body found

In the apartment. Investigators are officially describing the death only as 'suspicious'

ROSS ROMANIUK
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Regina police are investigating a possible homicide following a discovery of a man's body on Sunday morning just west of downtown.

Investigators are officially describing the death only as "suspicious" after they were called about 9:14 a.m. to an apartment on Victoria Avenue's 2900-block following a reported assault with a weapon, and found the body there.

"Every death is a possible homicide at some point ... until you start to eliminate possibilities," Elizabeth Popowich, city police spokeswoman, said Sunday.

"And every death is a suspicious death, unless we know otherwise," she added. "There are others that have more unanswered questions, and this is one of them. It's called a suspicious death, but that means that those other possibilities still exist."

Police did not release the identity of the victim, whom officers believe lived in a suite at the three-storey house. Popowich gave no details on the kind of weapon possibly used, or on the victim's injuries.

Officers took a 43-year-old man into custody.

Another man, also 43, was taken to a hospital for treatment and was released. Police found a 66-year-old man uninjured.

All three were there "at one point or another as this event unfolded," Popowich said, adding that "part of the investigation, of course, is to determine what roles they had."

The death, she said, appears to have occurred "a relatively short time" before the call to police.

While the coroner's office probes the cause of death, police are asking anyone with information on the incident to contact them at 306-777-6500 or at 800-222-8477.

A police officer is seen outside an apartment on Victoria Avenue, where an investigation is taking place after a man's body was discovered there Sunday morning. ROSS ROMANIUK/METRO

Target set to shake up city's retail scene

Reconstruction continues at Regina's Northgate Mall for U.S.-based Target to replace a Zellers store. ROSS ROMANIUK/METRO

It will bring image, assortment and excitement to Regina's retail scene. But if Queen City consumers expect Target to arrive with the lowest prices around, they'll likely find it a little off the mark.

That's the expectation of University of Regina marketing professor Lisa Watson, who says the giant U.S. chain will shift the local retail landscape.

"It's going to shake things up and make other big-box and department stores think about what it is they're offering, and how they're offering it," Watson said of Target's arrival in Saskatchewan with a store in Regina and two outlets in Saskatoon as soon as this summer.

"They're not really trying to compete directly with Walmart, and they're not fighting as heavily on prices," she added, explaining Target's appeal.

"It's much more related to brands, store image and assortment in terms of the range of products they carry."

Target, she said, will fill "a kind of neat niche" between discount big-box outlets and higher-end department stores. Though Watson anticipates Target will "up the game" in prompting competitors to pay closer attention to their merchandise placements and other matters, especially during a "honeymoon period" following its arrival, it won't cause other Regina stores to shut down.

"In Regina, we're actually a lot more price-sensitive than some other markets," she said.

"There will be an initial excitement.... You'll see a lot of people going there, for sure. But I'm not convinced it's going to satisfy that desire for the bargain-hunting group. I think they're going to end up hopping between stores, anyway."

ROSS ROMANIUK/METRO

Saskatchewan's long, long, long Brier drought drags on

Men's team falls to defeat. Rick Folk, the province's last men's champion, says lack of continuity is factor in the failure

ROSS ROMANIUK
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It's a curling championship drought for Saskatchewan that no one could have seen coming. And the last man to bring the Brier here finds it possibly more shocking than anyone.

"If somebody would have told me in 1980 that Saskatchewan wouldn't win another Brier until after 2013, I would have just laughed," Rick Folk, who skipped Saskatchewan's last team to win the Canadian Men's Curling Championship 33 years ago, said on Sunday after the annual event wrapped up with the province again coming up short.

It's astounding that, in a province where the roaring game is a major sport, men's teams from Regina, Saskatoon or elsewhere have failed to win the Brier for that many years. Women's teams, meanwhile, have won the national title for Saskatchewan a few times during that stretch — Sandra Schmirler, with three victories in the Scotties Tournament of Hearts in the 1990s and Amber Holland winning it all in 2011.

Folk, a Kelowna, B.C., resident who, at the age of 63, coaches curlers, speculates that the "patience" of teams is a key reason.

"With a lot of teams ... if it doesn't work out in their first year, they switch a player or players. You don't get that continuity," he said. "That's probably the biggest thing."

Vacationing in Arizona, Folk, who also skipped a Brier championship team out of B.C. in 1994, noted that Saskatchewan's curling fans are also likely losing patience.

"You just can't say 'abracadabra,'" he said of a solution. "Hopefully there will be a team that works their way up the ladder."

Saskatchewan lead DJ Kidby and second Chris Schille sweep during the afternoon draw on Friday against Northwest Territories/Yukon at the Tim Hortons Brier in Edmonton. The Saskatchewan men's team hasn't won a championship since 1980. JONATHAN HAYWARD/THE CANADIAN PRESS

Beating the clock or missing the boat?

While Saskatchewan may no longer be the land where time stands still, it is still a place that keeps its own time. And while the rest of Canada was pushing its clocks an hour ahead on Saturday, ours just kept ticking as always. We asked some students at the University of Regina if they think the province should implement daylight time. Here's what they said:

JEFF MACKEY/METRO
jeff.mackey@metronews.ca

Nate Chen, 20

"It's not a big problem for me because I am just a student and nothing really changes for me."

Kyra Yeo, 21

"I mean, time doesn't move — there is still the same amount of time in a day no matter what and there is no real difference between extra time at the beginning of the day versus at the end of it."

Trevor McArthur, 20

"I think it would be a good idea to get on par with the rest of the country ... It is also really hard when you are trying to call someone or schedule a meeting on the Internet with someone from far away when they think it is one time but you think it is another."

Brooke Burton, 20

"I think they should just keep it how it is. That is how I've always understood it. I have relatives in B.C. and when it comes to that time you just have to be a bit more careful with scheduling."

Ryan Lau, 25

"If we have daylight time then we will know that we always have the same time zone compared to other provinces, and in the summer we will have that extra hour, which is really good."

Marcus Vey, 31

"When the rest of the world is doing it, then it seems like a good idea to have an extra hour in the summer, plus we get a lot of sunlight, so I wouldn't mind that at all."

Bombings. Taliban and U.S. are colluding to instil fear in Afghans: Karzai

Afghan President Hamid Karzai on Sunday accused the Taliban and the U.S. of working in concert to convince Afghans that violence will worsen if most foreign troops leave — an allegation the top American commander in Afghanistan rejected as "categorically false."

Karzai said two suicide bombings that killed 19 people on Saturday show the insurgent group is conducting attacks to demonstrate that international forces will still be needed to keep the peace after their current combat mission ends in 2014.

Hamid Karzai THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Climate change

North Pole going south: Study

Newly published research says climate change has already altered seasons in the Arctic to make them more like southern regions.

And while tundra plant communities are already becoming shrubbier, scientists behind the paper say there's no way to predict what's going to happen as the change continues.

It's long been known that climate change is proceeding more quickly in the Arctic than anywhere else — about twice the global average.

THE CANADIAN PRESS

Deaths of foreign hostages in Nigeria confirmed

A man reads a newspaper in Kano, Nigeria, Sunday. The Islamist group Ansaru used the presence of U.K. warplanes in the country's capital, which the U.K. claims were ferrying troops in support of the Mali intervention, as a partial excuse for allegedly killing seven foreign hostages. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Radical Islamists. Militant group says seven were killed because of suspected rescue efforts

Radical Islamic fighters killed seven foreign hostages in Nigeria, European diplomats said Sunday, making it the worst such kidnapping violence in decades for a country beset by extremist guerrilla attacks.

Nigeria's police, military, domestic spy service and presidency remained silent over the killings of the construction company workers, kidnapped Feb. 16 from northern Bauchi state. The government's silence only led to more questions about the nation's continued inability to halt attacks that have seen hundreds killed in shootings, church bombings and an attack on the United Nations.

The latest victims were four Lebanese and one citizen apiece from Britain, Greece and Italy.

Britain and Italy said all seven of those taken from the Setraco construction company compound had died at the hands of Ansaru, a previously little-known splinter group of the Islamic sect Boko Haram. Greece also confirmed one of its citizens was killed, while Lebanese authorities didn't immediately comment.

Italy also denied a claim by Ansaru that the hostages were killed before or during a military operation by Nigerian and British forces, saying there was "no military intervention aimed at freeing the hostages."

"We note that the terrorists never communicated or formulated demands to release the hostages," said Greece's foreign ministry, which also denied any military raid took place. THE ASSOCIATED PRESS

Kidnapped peacekeepers were 'treated as guests'

Rebels who held 21 Filipino UN peacekeepers in Syria put blankets on their hostages to help them sleep through the cold nights and a rebel commander became visibly emotional when his group released the men, a UN peacekeeping official said Sunday.

Despite the good treatment they got from the insurgents fighting Syrian President Bashar Assad's regime, the peacekeepers were relieved to have survived the four-day ordeal unscathed and were thankful for UN and Philippine government efforts that set them free, said Philippine army Col. Cirilito Sobejano, who is the chief of staff of the UN's monitoring mission in the Golan Heights.

The unarmed Filipino army soldiers, who were riding in trucks, were abducted by anti-Assad gunmen after providing water and food to other peacekeeping troops Wednesday in southern Syria near the Israeli-occupied Golan Heights. After tough negotiations, they were freed Saturday on Jordan's border and taken to a hotel in the Jordanian capital of Amman, Philippine officials said.

A medical checkup showed they were all in good health.

"They were in high spirits. We were laughing about their experiences," Sobejano told The Associated Press by telephone from Amman. "They had a cordial relationship with their captors, who put blankets on them because it was very cold at night.

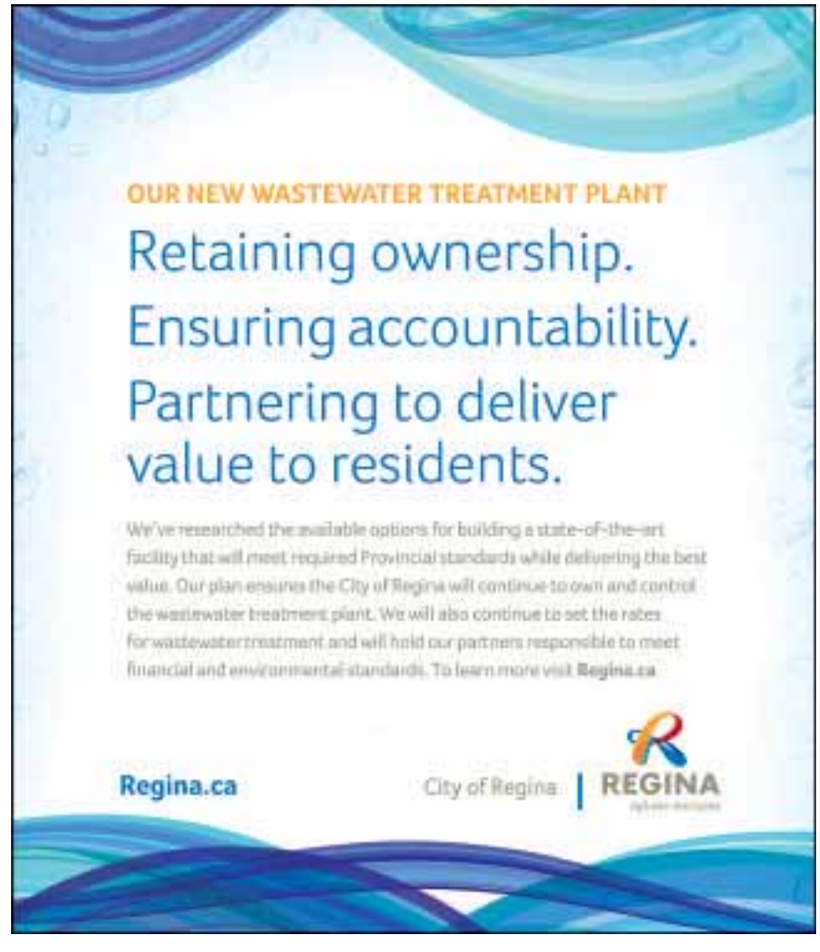
"When they were handed over in Jordan, a rebel commander got visibly sad," he said. "They were really treated as guests."

THE ASSOCIATED PRESS

Some of the 21 Filipino UN peacekeepers at a press conference upon their arrival at Jordanian army headquarters in Amman on Saturday. The peacekeepers had been held captive by Syrian rebels. RAAD ADAYLEH/THE ASSOCIATED PRESS

UN mission

The freed peacekeepers from a 326-member Filipino contingent in the Golan Heights are part of a UN mission known as UNDOF that was set up to monitor a ceasefire in 1974, seven years after Israel captured the plateau and a year after it pushed back Syrian troops trying to recapture the territory.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Cardinal Ouellet earns blessing for pope — but not because they like him

Sexual abuse. Group feels best way to get local scandal noticed is to net Quebecois pope

A Quebec group representing people abused by priests hopes Cardinal Marc Ouellet will be the next pope, though not necessarily because it feels he's the best candidate.

Spokesman Carlo Tarini says a Ouellet papacy would thrust a number of sexual-abuse cases involving Quebec priests into the spotlight.

"The people here today are not here in jest supporting his nomination as pope," Tarini said at a small rally on Sunday on the steps of a Montreal church.

"They are really hopeful that he is elected, because 1.2 billion Catholics will be made aware of the victimization of children here in Quebec by pedophile priests."

Many at the rally, which included members of other victims groups, said they are hopeful for progress on cases that have been stalled for years.

Tarini suggested appointing a mediator between the church and victims, such as former Supreme Court justice Michel Bastarache, who took on a similar role in New Brunswick.

The Quebec-born Ouellet is considered one of the contenders to succeed Pope Benedict.

Ouellet has come under fire from critics who say he didn't do enough to address sexual abuse in his home province.

Lucien Landry, head of an organization for abused Quebec orphans, said Ouellet didn't make an effort to work with victims while he was archbishop of Quebec City.

Landry attended the rally but stressed that he doesn't believe things would be any different if Ouellet became pope.

"In our heart of hearts, we don't think he would fix the situation," he said.

Luc-Robert Archambault, representing a group of victims from Montreal's College Notre-Dame, a boys-only boarding school, was also skeptical.

In an interview with the CBC last week, Ouellet defended the church's handing of its sexual-abuse scandals and said it had to bear intense public scrutiny.

"But it is not a Catholic problem; it is a human problem," he said. THE CANADIAN PRESS

A group representing those abused by priests protests outside a Montreal church. GRAHAM HUGHES/THE CANADIAN PRESS

Personal life

Family fears papal win

The papal front-runner is also known for fancying moose-steak dinners, eating dessert off a sibling's plate and gunning his uncle's tractor until it broke — though he is also remembered for nearly burning down the family barn.

If he becomes pope, however, Cardinal Marc Ouellet's family fears such intimate moments will be lost forever.

"We're quite frank about it as a family — we would prefer to have a brother," his younger brother, Roch, said in an interview in their hometown of La Motte, Que.

Marc sent a message home to his family last month, instructing them to think of their 90-year-old mother's well-being before anything else during what he predicted would be an inevitable media storm.

Pardon backlog to last for years

Jon Graham, 40, who was fined $100 for possession of marijuana and mischief when he was 21, says he's been waiting more than two years for his pardon, which he sought mainly to travel to the U.S. DARRYL DYCK/THE CANADIAN PRESS

The Parole Board of Canada has begun to tackle a backlog of almost 22,000 pardon applications, many of which have been stuck in limbo for years.

The effort, which began with the hiring and training of 21 temporary, full-time clerical staff and pardons officers, isn't expected to clear the backlog for another two years.

All the files pre-date the March 2012 omnibus Conservative crime bill, when the Harper government quadrupled the application fee to $631. Those who applied under the higher fee are at the front of the line.

Public outcry over a controversial pardon led Parliament in June 2010 to beef up the system by making the Parole Board grant no pardon that could bring the administration of justice into disrepute.

A three-strikes rule was proposed, so that anyone with more than three convictions for indictable offences with two-year sentences could never be pardoned. Certain offences, such as sex crimes against children, were made ineligible.

The crime-free cooling-off period after a sentence was fully served was increased to five years from three for lesser offences, and doubled to 10 years from five for indictable offences.

The application fee, long set at $50, was jacked to $150 and then to $631. THE CANADIAN PRESS

Origin

The backlog is the result of a massive pardons crackdown sparked by a single case.

- In May 2010, it was revealed that Graham James, a former junior-hockey coach convicted of sexually assaulting players, had been quietly pardoned three years earlier.
- He was facing fresh allegations at the time, to which he has since pleaded guilty.

Yellowknife. Harper to be at talks on new powers for the Northwest Territories

Prime Minister Stephen Harper will travel to Yellowknife Monday to mark the end of talks granting province-like powers to the Northwest Territories.

The deal, which has been a top agenda item for territorial premiers stretching back two decades, will put control over northern resources in the hands of northerners for the first time. It will also give them a big chunk of the royalties those resources produce, money that will also be shared with the N.W.T.'s aboriginal governments.

But Harper and N.W.T. Premier Bob McLeod won't be signing its final version. Monday's text is only the final draft reached by negotiators.

The deal will then go out for public consultation.

Under the agreement in principle, the N.W.T. would keep half its resource royalties without losing federal transfers, up to a total of five per cent of its total budget expenditures.

The territory is expected to reap about $65 million a year from those royalties.

The deal also transfers control over those royalties to Yellowknife. The feds will send another $65 million to the territory to compensate it for the cost of those responsibilities. THE CANADIAN PRESS

Harper's office confirmed he will be at the event at the territorial legislature. SEAN KILPATRICK/THE CANADIAN PRESS

Open-concept, waterside living: Yours for a song!

Need a fixer-upper? Homes damaged by Superstorm Sandy are hitting the market, some at big discounts

This Oct. 30, 2012, photo provided by the U.S. Air Force shows an aerial view of the devastation along the New Jersey shoreline following Superstorm Sandy. Increasingly, homes damaged by Sandy are being put up for sale.
MASTER SGT. MARK C. OLSEN/U.S. AIR FORCE/THE ASSOCIATED PRESS FILE

It sounds like the premise for a new reality TV series: Hurricane House, in which people would scour waterside communities in New Jersey and New York looking to buy homes damaged by Superstorm Sandy at a deep discount.

While there are bargains out there, ranging from 10 per cent off pre-storm prices for upscale homes on New York's Long Island and the Jersey Shore to as much as 60 per cent off modest bungalows in Staten Island and Queens, it's still very much a game of buyer beware.

Not only are buyers on the hook for repairs and in some cases total rebuilds, they're also wading into a host of potentially expensive uncertainties about new flood maps and future insurance rates, zoning changes and updated building codes.

"It's totally changed the way I sell real estate," said Lawrence Greenberg, a sales associate with Van Skiver Realtors, whose own Mantoloking, N.J., office was wrecked in the storm.

Prior to Sandy, prospective buyers rarely mentioned issues such as flood maps and building elevations until the matter of flood insurance came up — often at closing. "Now, everybody asks the question of elevation," Greenberg said. Even if potential buyers plan to tear down and build new, they ask about the pending changes in flood maps proposed by the Federal Emergency Management Agency, because flood insurance rates will depend upon the new zones.

The number of for-sale listings in January in the 380 zip codes hit by the storm was about two per cent below the same time last year, according to online real-estate information company Zillow Inc. That indicates that most homeowners are rebuilding or have not yet decided how to proceed.

But real-estate agents in New York and New Jersey say the majority of homes for sale in these areas have some damage from the Oct. 29 storm, and it appears to them that a rising number are being put on the market as the spring home-buying season approaches.

THE ASSOCIATED PRESS

Quoted

"They either don't have the funds or don't have the energy to go through the renovating and rebuilding process." **Jeff Childers, a broker with Childers Sotheby's International Realty in Normandy Beach, N.J.,** explaining why some homeowners with Sandy-damaged properties are choosing to sell their houses rather than rebuild.

#notdeadyet. RIP, but keep on tweeting

Twitter fanatics can now rest in peace comfortably knowing that they can continue to tweet from beyond the grave.

Drew Matthews, 35, an avid Twitter user from Toronto, is among those who have signed up for a project that keeps a Twitter user's account going after they die.

LivesOn, being developed by British ad agency Lean Mean Fighting Machine, will set up a second Twitter account that will add "-LIVESON" to the user's current handle and study tweets, favourites, retweets and even writing style in order to eventually begin replication.

Matthews says he tweets about 10 times per day and wonders how LivesOn will be able to mimic his style. "Sometimes tweets are just movie or song quotes and sometimes it's situational," says Matthews.

"I tend to complain about a lot of stuff so I don't know if (my LivesOn account) will be complaining until the end of time or if it knows I've tweeted about songs and it picks out other lyrics to post."

Dave Bedwood, a LivesOn spokesman, says the accounts will begin generating tweets while the user is still alive as it continues to improve its mimicking of the user's syntax. "Once people get over the death question, there's the fact that this will be very useful for the living," he says.

LivesOn accounts will be private and will only have one follower: the user that it's mirroring.

When the user is deceased, a family member or close friend can decide whether to make the account public so that tweets can continue to be generated from the afterlife.

THE CANADIAN PRESS

THE GREENING OF THE PIPELINE

URBAN COMPASS

Jane Caulfield
jane.caulfield@metronews.ca

Our premier returned from Washington calling the clean-coal project located just outside of Estevan the superstar on his mission to talk about the Keystone pipeline.

It's a project that at its very core has very little to do with the pipeline. The clean-coal project is about reducing greenhouse gas emissions by about one million tonnes a year — the equivalent of taking about 250,000 cars off Saskatchewan roads each year. Even if you were to make a case for the pipeline and the clean-coal project being related — somehow — it would sound more like six-degrees of Kevin Bacon rather than a distinct connection.

But the clean-coal project is a pristine example of Saskatchewan's (and consequently Canada's) commitment to maintaining green integrity; something Wall said he was going to tout so he and his colleague, Alberta's Alison Redford, aren't saying the same thing to the same group of American politicians within two weeks of each other.

Essentially Redford and Wall are now Keystone's very own cheerleading squad, there to deliver a one-two punch in Washington: She's got the economics covered, while he sings environmental praises.

It's a strategy that, quite frankly, might just be ingenious. While their American compatriots are still digesting all of Redford's facts, figures and comments about the economic benefits, Wall comes in to pad all that with tales of environmental integrity and sustainable options.

So the question is, did his green Keystone cheerleading do any good?

A recent draft environmental assessment of the pipeline from the U.S. State Department dismissed many concerns about Keystone. Couple that with Wall highlighting Alberta's carbon tax, long-awaited federal government regulations on the oil and gas sector — expected by the summer — and clean coal, mix them together, and Canada looks like it does care about the environment.

It's something Wall said Canada is not very good at showing off, suggesting that we do more to share our successful green technologies and ideas.

Keystone cheerleading

It's a strategy that, quite frankly, might be ingenious. While their American compatriots are still digesting all of Redford's facts, figures and comments about the economic benefits, Wall comes in to pad all that with tales of environmental integrity and sustainable options.

And maybe, just maybe, that's the best part about Wall going to the American capital — people are starting to notice that when it comes to environmental policies, we actually have a few valuable aces up our sleeve.

The clean-coal project really has become the superstar of his cheerleading mission, simply because it shows the world that Canada does care about the environment. It may be just a little bit, and in relation to an oil pipeline, but we do care.

ZOOM

Outlook bleak two years later

Post-tsunami Japan anything but clean

Two years after the triple calamities of earthquake, tsunami and nuclear disaster ravaged Japan's northeastern Pacific coast, debris containing asbestos, lead, PCBs and — perhaps most worrying — radioactive waste due to the crippled Fukushima Dai-Ichi nuclear plant is a looming threat for the region.

So far, disposal of debris from the disasters is turning out to have been anything but clean. Workers often lacking oversight, training or proper equipment have dumped contaminated waste with scant regard for regulations or safety, as organized crime has infiltrated the cleanup process.

Researchers are only beginning to analyze environmental samples for potential health implications from the various toxins swirled in the petri dish of the disaster zone — including dioxins, benzene, cadmium and organic-waste-related toxins, said Shoji F. Nakayama of the government-affiliated National Institute for Environmental Studies.

Gangsters have long been involved in industrial waste handling and police say they suspect gangsters are systematically targeting reconstruction projects, swindling money from low-interest lending schemes for disaster-hit residents and illegally mobilizing construction and clean-up workers.

THE ASSOCIATED PRESS

Fukushima

"Everyone, from bureaucrats to construction giants to tattooed gangsters, is trying to prey on decontamination projects. And the government is looking the other way."

Nakamura, who only wanted to be identified by his last name out of fear of retaliation, on the corruption that has plagued the restoration process.

Clickbait

Rumours are spreading like mustard on social media sites about 'secret menus' at your favourite fast-food chains. Here's what you won't see featured. But shhh!

Mc10:35

Although the company insists otherwise, McDonald's does have many items on the underground menu, according to social media sites. One is the Mc10:35 — which is the inside of a McDouble burger, minus the bun, inserted into an Egg McMuffin. It can only be ordered at 10:35 a.m., during the shift change from breakfast to lunch.

McGangbang

A bold order to ask from anyone — especially your McDonald's cashier — the McGangbang is a double cheeseburger with a chicken patty in between two beef patties.

Suicide Burger

Worried it might be your last meal? Take a bite into Burger King's suicide burger, comprised of four beef patties, four slices of cheese, bacon and BK's special sauce.

Enchirito

This might be the worst kept secret: Taco Bell has loads of items on the secret menu. One popular choice is the enchirito. It's the regular enchilada, stuffed with beef, beans, cheese, diced onions and red sauce.

Letters

Re: The Other F Word, published March 8.

In the small article by Delia MacPherson, your author undermined herself, women and men by perpetuating a stereotype that is highly untrue.

In it she says "... men and women are equal in every right with the exception of maybe physical strength."

Women are equal in this respect because training equals far more strength than what you naturally have.

Additionally, there are men who are not naturally strong or muscular who are discounted by such a statement.

Women who have naturally muscular body types and are built like line backers are made to feel fat, weak and like they should not do sports while men with lean body types are made to feel less masculine and therefore wrong and bad.

Heather Wilson, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Tonight's episode of Dallas has the characters attending a wake and funeral for J.R. Ewing. Actor Larry Hagman, who played J.R., died of cancer in November. HANDOUT

Dallas bids farewell to its magnificent villain

Celebrating Hagman. Tonight's episode of TNT's revival of Dallas is a fitting tribute to the man behind one of TV's worst scoundrels

Who killed J.R.?

That's the mystery propelling Dallas through the rest of its second season as a TNT revival.

And that question hangs heavy in the upcoming episode (airing Monday at 9 p.m. EDT), which confirms the sad truth every viewer knew was coming: glorious scoundrel J.R. Ewing has died, after decades of living-on-the-edge infamy dating back at least to 1980, when he was gunned down in his office and left for dead, leaving every viewer wondering who shot J.R.

J.R.'s fate was sealed this time by the intrusion of reality. In November, Larry Hagman died of cancer at 81. And when he died, he took J.R. with him.

So the new episode — surely the first without Hagman's deliciously vile presence — stands as a fitting tribute both to him and to J.R., complete with a wake and a funeral for the rascally oil baron. Even the oh-so-familiar theme music is rearranged from its quickstep tempo to a dirge. The message of this episode, titled J.R.'s Masterpiece, is J.R. is gone but not forgotten.

Last Monday's episode featured the last, brief appearances by a visibly frail Hagman. There were three isolated scenes with J.R., who for reasons unknown had gone missing from Dallas. But the action mostly swirled among the other characters as they squabbled over Ewing Energies, which has pitted cousins John Ross (played by Josh Henderson) and Christopher (Jesse Metcalfe) in a battle for its control.

In his final scene, near the end of the hour, J.R. was glimpsed at an undisclosed location on the phone with John Ross.

"Don't you worry, son, I've got a plan," J.R. told him. "It's gonna be my masterpiece. Because you shouldn't have to pay for my sins."

"What do you mean?" asked John Ross, struck by J.R.'s rare show of tenderness.

"Just remember, I'm proud of you," said J.R., as John Ross' eyes moistened. "You're my son, from tip to tail."

But at that moment, John Ross heard gunshots. He screamed into the phone, "Dad! Dad!"

Who shot J.R.?

"I need to know who killed my father, and why!" snaps John Ross in the new episode.

Sue Ellen, his mother and J.R.'s long-suffering ex-wife (played by Linda Gray), hoists a Dallas directory and reminds him, "Half the people in this phone book wanted to."

Yes, J.R. had legions of enemies with scores to settle. But who among them did the deed? And why did J.R.'s time run out, in all places, in a room at a Mexican flophouse?

The task for Dallas to outlive J.R. Ewing is huge. Rest in peace, Larry Hagman. But there better be no peace on this show in J.R.'s absence if it hopes to survive its magnificent villain.

THE ASSOCIATED PRESS

Remembering J.R.

J.R.'s memorial takes place at the Dallas Petroleum Club, where high-powered mourners flock to bid him farewell. Here are real-life local swells, including Dallas Cowboys owner Jerry Jones and Dallas Mavericks owner Mark Cuban. Here are Dallas characters from way back, including former wild child Lucy (Charlene Tilton), J.R.'s niece; Ray Krebbs (Steve Kanaly), the illegitimate son of J.R.'s father; and Gary (Ted Shackelford), the "black sheep" brother who left Dallas for a long life on series spinoff Knots Landing. But the embittered John Ross isn't buying that any of the gathered have a kind thought for his father: "Half these people are here to make sure he's dead. The other half are here for the free drinks."

The Word

Megan Hilty putting on a plain, public personality

THE WORD
Meredith Engel
scene@metronews.ca

Ivy Lynn, the emotional and outspoken would-be starlet on NBC's Smash, would never waste a moment in the spotlight.

But when we caught up with Megan Hilty, the actress who plays the dynamic character last Friday directly following her Carnegie Hall debut singing along with the New York Pops, we learned that her public persona is practically too perfectly polished, as if erring on the side of forgettable. After all, she kicked off the show by claiming that it was "literally a dream come true," and the clichés didn't end there.

What did it feel like to take that illustrious stage?

"It's great to be in front of a live audience again."

Was she nervous about performing as herself, rather than playing a character?

"That's the beauty of live theatre, I'm never going to be perfect."

Would she be willing to get competitive if she had to face off against Smash co-star Katharine McPhee for a role, mirroring the ongoing theme on the show?

"No, we all love each other."

And how would Ivy handle getting a solo concert at Carnegie?

"She probably would have had many more costume changes than I did."

Wait, did she just confirm our thoughts that her fictional persona would make a more memorable impression? The most interesting "confession" came when the actress slyly revealed that she does in fact sit down to watch her own show air on Tuesday nights during a dialogue with Pops conductor Steven Reineke mid-show. Thankfully, we did witness a glimmer of that big Ivy personality when the blonde was visibly relieved to confirm that the bottle of champagne sitting nearby at the after-party was reserved for her. We can relate to any woman who puts her stiletto down when it comes to the serious issues, like getting her hands on a well-deserved glass of bubbly.

But here's our advice for Hilty: take a page from the Silver Linings Playbook of present media darling and recent Oscar-winner Jennifer Lawrence; the way to charm the pants off press and public alike these days is apparently less class, more sass.

Maybe we should have just hung around until after Hilty polished off that champagne.

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– NB
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan rejects latest plea deal

Prosecutors in Lindsay Lohan's latest legal battle have reportedly offered the troubled starlet a plea deal that would let her avoid jail time — but she doesn't want it, according to TMZ.

Sources tell the website that if Lohan agrees to plead guilty to as-yet-unspecified charges, she'd only have to serve 90 days under house arrest and attend a mandatory rehab program. But Lohan is reportedly adamant that she will avoid any punishment whatsoever and has rejected the plea deal, the sources say.

Her trial is set to begin March 18.

Twitter

@johncusack
pressing legal matters beckon. writs being jammed under my door-- not really but sounds dramatic

@Pink
I think this daylight savings time is really stupid and rude. I'm tired so screw you spring ahead!!!!

@SethMacFarlane
Drink ten cups of coffee and download "Dizzy Fingers" by the Carpenters. You will never need cocaine

Miley Cyrus

Miley Cyrus denies her wedding is cancelled

While her fiancée, Liam Hemsworth, is in his native Australia spending time with family, Miley Cyrus finds herself doing damage control, taking to Twitter to quash rumours that their relationship is in trouble.

"I am so sick of L.A. And sick of the lies that come with it," she posted last week. "I didn't call off my wedding."

Of course, being spotted out and about in Hollywood without her engagement ring on probably doesn't help. But a source assures E! News that all is well in the Hemsworth-Cyrus household.

"She is not listening to what everyone is saying about her and Liam," the source says. "Everything is fine between them, as far as I know."

Justin Bieber

Bieber can't stand stench of paparazzi

With Justin Bieber's bummer of a week in London behind him, at least one mystery has been solved: the Canadian pop star's penchant for wearing a gas mask in public.

"The gas mask Justin has been wearing around London is a joke between his friends, but people are starting to take it seriously," a source tells Us Weekly.

"All his friends take turns wearing it as a joke to throw off the paparazzi. It's not a serious thing, they're just having fun around London with it."

Dental

Protect your baby's first teeth

We don't usually associate cavities or gum disease with infants, but in reality, oral diseases can begin early.

For example, early childhood caries is a form of severe tooth decay in the baby teeth of children from birth to age three.

It affects more than 10 per cent of preschool-aged children in Canada.

Parents can reduce the risk by following these simple care tips with your little one.

- Wipe baby's mouth and gums with a clean, wet cloth or piece of gauze after feeding.
- Gently clean newly erupted teeth with a small, soft toothbrush.
- Avoid fruit punches and other sweetened drinks in baby bottles, especially before bed.
- Rinse baby's mouth with water immediately after any liquid medication is given.
- Avoid transfer of your saliva onto items used by baby, including bottles, cups, pacifiers.
- Begin regular dental visits by age one. NEWS CANADA

Baby teeth are important to healthy adult teeth. ISTOCK

Exclusively online

Apparently getting a Soho House membership is child's play versus snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

One, two, three ... break!

Spring break. It's not a reason to let the kids run wild, so stay calm and formulate a plan

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Talk to other parents to see if they'd be willing to combine some of the activities you have planned. ISTOCK

Just because the kids are on a so-called "break" doesn't mean you get to take a break from being a parent — I've tried. Personally, I like calling it March break instead of spring break. That's mostly because it's more descriptive in terms of the timing of it, but also because it serves as a reminder that we can, as parents, at any point during this "week off," demand that our kids "march." To their room to clean it up, to the dinner table without complaining, to the shower when they start to smell and to the front door to get outside and start shovelling away that "spring" snow.

March break doesn't mean breaking the rules or the routines — in terms of bedtimes, meals and, let's face it, personal hygiene — but it can be a great time to break out some new activities that don't normally fit into your schedule.

If you have more than one child to organize during the week, have a discussion with all of them to find out what they'd like to do, beyond just "not go to school." But do your own research first. Look up a few free activities (start with community events) so you'll have some easy and cheap suggestions to make to them.

Check out what (appropriate) movies will be playing, find out the hours and rates of pay-for activities at the bowling alley or roller rink near you and look into whether your local public swimming pool has special events or hours in place during the break.

Talk to other parents to see if they want to either join you and your kids for some of your activities, and also if they'd be interested in trading off some time so that you can both get done what needs to get done during the week. Laundry and grocery shopping don't go on holidays! Trust me, I've also tried this.

Resist the temptation to let the kids stay up late as a treat, as it can be tough to get them back into regular bedtimes on the Sunday night before school starts up again, let alone having to deal with an overtired and under-eager student the next morning. You'll be ready for a break from the break by then yourself. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Congratulations

Kathy Buckworth's latest book, I Am So the Boss Of You: An 8 Step Guide To Giving Your Family The "Business", has been optioned by Warner Brothers for a TV sitcom.

Don't get sick of the mountains

KATHY BUCKWORTH
It's All Relative

If you're taking a ski or snowboard vacation in Alberta or British Columbia, prepare yourself for altitude sickness or mountain sickness, which can be very uncomfortable, and in some cases dangerous.

It occurs at altitudes of 6,500 feet above sea level and over. The air up there can be 40 to 50 per cent thinner, resulting in less oxygen to breathe, leading to headaches, insomnia, vivid dreams and dry throats.

Children can be especially susceptible to mountain sickness. It's a good idea to check with your family doctor before taking a high altitude trip, as there can be real medical concerns to take into account (like asthma, lung issues and heart conditions).

To prevent or control some of the symptoms, make sure to drink two to three times the usual amount of water daily, limit your alcohol intake, allow extra time for walking and hiking and use a humidifier in your hotel or bedroom.

If possible, slowly acclimatize to the new altitude. If heading to the 11,000 plus feet above sea level ski resorts of Vail, Beaver Creek, Aspen and Breckenridge, consider flying into Denver and staying overnight first.

In Canada, Banff has the highest skiing, at about 9,000 feet above sea level. Stopping in Calgary overnight first could help. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Mountain sickness can occur at 6,500 feet above sea level. ISTOCK

Chicken's dressed to impress in this avocado salsa dish

ROSE REISMAN
life@metronews.ca

This is a beautiful looking (and tasting) chicken dish to wow your guests. The salsa has a fresh taste, and the contrasting colours are beautiful. For a more formal dinner, make this with chicken supreme — the breast with wing attached.

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 4 skinless boneless chicken breasts (about 1 lb)
- 3 tbsp cornstarch
- 1 tbsp vegetable oil
- 1 cup chopped plum tomatoes
- 1/2 cup diced avocado
- 3 tbsp chopped cilantro
- 1 tbsp olive oil
- 2 tsp freshly squeezed lime or lemon juice
- 1 tsp minced fresh garlic
- 1/2 tsp liquid honey
- 1/2 tsp hot sauce

A student chef gave me a great tip to prevent avocados from going brown. Before cutting the avocado and without piercing it, heat it on high in a microwave for 30 seconds. It truly works!

Serve the chicken alongside grilled vegetables.

1. One at a time, place the chicken breasts between sheets of waxed paper and pound to an even 1/2-inch thickness. Dust with cornstarch.

2. Spray a non-stick skillet with cooking oil, add the vegetable oil and place over medium high heat. Cook the chicken, turning once, for 5 to 8 minutes, or until no longer pink at the centre. Place on a serving dish.

3. To make the salsa, combine the tomatoes, avocado, cilantro, olive oil, juice, garlic, honey and hot sauce.

4. Spoon the salsa over the chicken before serving. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

For those days when you're just too tired, busy or lazy to cook, there are microwave dinners. But they'll also fill you up with calories and fat if you're not careful.

Hungry Man Backyard Barbeque

780 calories / 29 g fat
Consisting of chicken and pork patties, mashed potatoes, corn and a brownie, you're consuming half your daily calories.

Equivalent

One Hungry Man Backyard Barbeque meal is equivalent in fat to six grilled chicken burgers from Harvey's.

Hungry Man Roasted Carved White Turkey

500 calories / 14 g fat
The turkey, mashed potatoes, stuffing and apple cranberry dessert is a better choice with fewer calories and half the fat.

Dinner. Gingered Chicken with Vegetables

1. Heat 3/4 tsp oil in skillet over med-high heat. Stir-fry chicken until no longer pink; remove from skillet.

2. Heat remaining 3/4 tsp oil in skillet. Add peppers, mushrooms, pea pods, water chestnuts, green onion, ginger root and garlic. Stir-fry 4 mins. until vegetables are crisp-tender.

3. Meanwhile, combine broth, sweetener, soy sauce, cornstarch and sesame oil until smooth. Stir into skillet mix. Cook over medium heat until thick and clear. Stir in chicken; heat. Serve over hot cooked rice, if desired. NEWS CANADA

Ingredients

- 1-1/2 tsp (5-7 ml) vegetable oil
- 1 4-oz skinless chicken breast, cut into thin strips
- 1/4 cup (60 ml) each red pepper strips and sliced mushrooms
- 4 fresh pea pods, horizontally cut in half
- 2 tbsp (30 ml) sliced water chestnuts
- 1 tbsp (15 ml) sliced green onion
- 3/4 tsp (4 ml) grated ginger root
- 1/4 tsp (1 ml) minced garlic
- 2 tbsp (30 ml) plus 2 tsp (10 ml) reduced-fat, reduced-sodium chicken broth
- 3/4 packet Pure Via zero calorie sweetener
- 1-1/2 (5-7 ml) tsp light soy sauce
- 1 tsp (5 ml) cornstarch
- 1/2 tsp (2 ml) dark sesame oil

Speedy, weeknight friendly Coconut Chicken Curry

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Wanting a Coconut Chicken Curry that is fast, delicious and not loaded with fat isn't too much to ask for.

Let's start with the sauce. The key is to make it rich and flavourful without resorting to the usual culprit — full-fat coconut milk. The solution is to start with a small amount of light coconut milk and doctor it up. Puréeing into roasted red peppers and a small onion is just the trick.

For that something sweet, try adding grated carrots. You can't go wrong with just the right amount of natural sweetness. A hefty dose of curry powder and lemon grass added during cooking rounds it all out.

To make sure it all comes together, all you have to do is bring the sauce to a simmer in a large sauté pan, then add the chicken. To bulk out the recipe with good lean protein, add a can of chickpeas.

1. In a blender or food processor, combine the red peppers, onion, broth, coconut milk and curry powder. Process or purée until completely smooth.

2. Pour sauce into large, deep sauté pan over medium-high heat. Bring to a simmer. Use a meat mallet to lightly crush lemon grass, then add to sauce. Stir in chickpeas and carrots. Nestle chicken thighs into the sauce, being sure tops are covered. Reduce the heat to maintain a simmer and cook, uncovered, for 20 minutes.

3. Remove and discard lemon grass. Serve chicken with chickpeas, carrots and sauce spooned over it. THE ASSOCIATED PRESS

Ingredients

- 12-oz jar roasted red peppers, drained
- 1 small yellow onion, chopped
- 1 cup chicken broth
- 1/2 cup light coconut milk
- 2 tsp curry powder
- Three 3-inch lengths fresh lemon grass
- 15-oz can chickpeas, drained
- 1 cup grated carrots
- 1 3/4 lbs boneless, skinless chicken thighs

Your career search starts with a click

Hunting with a net.
The job search has moved from the want ads to the World Wide Web. How do you plan to get with the program?

KELLY PUTTER
CareerBear.com

A quick button to blur your online past does not exist. Take your time to tidy things up. ISTOCK

Searching for work online is much easier than back in the wearing-out-your-shoe-leather days, but that doesn't mean there aren't protocols to follow. In fact, engaging in a virtual job search presents a whole new set of rules.

Here, according to Dr. James Norrie, a social media guru in Toronto, are some dos and don'ts for online job hunters:

Don't dismiss social media as a frivolous fad for teens
Larger Canadian employers often banned access to social media websites, especially early on because they didn't recognize their business value. "Employers thought it was some kind of fad or trivial toy,' says Norrie.

"It's here to stay and people are starting to grasp this."

Don't overlook the power of social media
What gives social media its clout is what Norrie calls the network of networks or the ability users have to access and interconnect with the networks of other people, resulting in a far-reaching web of associations.

Don't be afraid to tell your network that you're job searching
Fewer and fewer jobs are advertised so you need to learn how to find and work the hidden job market. And, according to Norrie, LinkedIn is the number one hidden job network.

Use the power of your network and let people know you're actively looking for work. Share your credentials, talents and experience. Ask your connections to open up their networks to you. Research shows that job opportunities are often twice removed — somebody who knows somebody you know leads to the job.

Do manage your online reputation
Google yourself and see what pops up. And don't be relieved if it's nothing. Norrie says it's not that difficult to become irrelevant in the digital world. The question you need to ask is how can I make sure what's there is what I want to be there? Companies such as Reputation.com can manage your online reputation.

"You have to be aware that social media is becoming a go-to destination for consultants and HR people. The world of social media is not going away and we're all going to need to master what that means."

Online oopsies

Don't get caught with your pants down

- If you're cavorting on social media websites, know that privacy is a myth.
- You need to be careful about claiming your love for fascist groups or displaying photos of a half-baked you.
- Don't overexpose personal traits on any social media site that you're not comfortable discussing at work.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
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Canada toppled after U.S. talent comes alive

WBC. Jones's eighth-inning hit opens U.S. floodgates as Canada's tournament comes to an end in Phoenix

On Sunday

United States	Canada
9	4

Canada slipped on the edge of history, giving up a late lead and falling 9-4 to the United States on Sunday in a must-win game that eliminated the team from the World Baseball Classic.

Down 3-2 in the eighth inning, Adam Jones hit a two-run double off reliever Jim Henderson to give the U.S. its first lead of the game before Shane Victorino scored Jones on a single for a 5-3 lead.

Jonathan Lucroy added an insurance RBI and Eric Hosmer hit a three-run double off Canadian closer John Axford in the ninth that put the result beyond doubt.

Canada had pulled to within one after Adam Loewen hit a bases-loaded RBI in the bottom of the eighth inning, but pinch hitter Tim Smith grounded out to end the inning and ultimately Canada's tournament.

"We played a tough game and obviously the U.S. came out on top, but we're holding our heads high," said Canadian outfielder Michael Saunders. "We came to this tournament prepared and we felt like we played well. A few innings didn't go our way, but I think we played well and I think we showed the world that Canada is here to stay."

Canada controlled Sunday's game until Jones's hit, with Saunders hitting a two-run homer in the second inning and Loewen's single putting Canada ahead 3-2 in the sixth.

But U.S. relievers Heath Bell, David Hernandez, Steve Cishek and closer Craig Kimbrel stifled Canada's offence while American batters did the rest.

Canada (1-2), which has never advanced past the first round, began the tournament with a humiliating 14-4 loss to Italy that ended after eight innings due to the 10-run mercy rule. But the team fought back, literally, in the second game against Mexico with a 10-3 victory capped by a bench-clearing brawl.

THE CANADIAN PRESS

American Adam Jones scores a run in the eighth inning of a 9-4 win over Canada at the World Baseball Classic on Sunday in Phoenix. Canada was eliminated with the loss. CHRISTIAN PETERSEN/GETTY IMAGES

WBC brawl

Bautista: Canada broke baseball code

Jose Bautista says Canada broke baseball's unwritten code Saturday by trying to run up the score in their World Baseball Classic win over Mexico, regardless of the tournament's tiebreaker rules.

"I'm not buying the fact that teams are bunting when they're up by six because of the rules of the WBC," Bautista told reporters Sunday morning.

"I believe in the unwritten rules of the game. They should be respected. It's a code amongst players, and everybody who plays baseball at a level higher than Little League knows what it is, and there's no excuse."

In the ninth inning of Canada's 10-3 victory over Mexico — they were up 9-3 at the time — Canadian catcher Chris Robinson, of London, Ont., bunted himself aboard to lead off the final frame.

Mexican pitcher Arnold Leon then hit the next batter, Toronto's Rene Tosoni.

The benches cleared and a violent brawl ensued.

Robinson and Canadian manager Ernie Whitt defended the move by pointing out the importance of run-differential in the tournament's rules.

TORSTAR NEWS SERVICE

Rangers make Ovechkin pay for penalties

Brad Richards celebrates his goal with Rangers teammate Rick Nash on Sunday in Washington. THE ASSOCIATED PRESS

About two hours before the opening faceoff, Alex Ovechkin asked for more respect from the refs.

His day went downhill from there.

Ovechkin was directly responsible for three of the New York Rangers' goals, including a pair after a rare sequence in which he was cited for two penalties within seconds of each other without a stoppage in play.

Derek Stepan, Brian Boyle and Ryan Callahan took advantage of Ovechkin's miscues Sunday to lead the Rangers to a 4-1 win over the Washington Capitals, New York's fifth win in six games.

"When we're parading to the box all the time, we don't have a hope," Washington's Troy Brouwer said

Steve Oleksy scored his first NHL goal for the Capitals, who endured a rough weekend against teams named New York. Washington lost 5-2 on the road against the Islanders on Saturday.

On Sunday's rare double call, Ovechkin tripped Callahan, and then, with the call delayed while New York was pulling the goalie, he dragged down Ryan McDonagh from the side for a holding call.

"I know I tripped him, the first one ... but I don't know where he finds the second one," Ovechkin said. "But it cost us the game."

THE ASSOCIATED PRESS

Golf

Woods dominant in win at Doral

Tiger Woods is hitting his stride on a march to the Masters.

Woods never let anyone get closer than three shots on Sunday until he had locked up his 17th World Golf Championship title. With a conservative bogey on the final hole, he closed with a 1-under 71 to win the Cadillac Championship.

THE ASSOCIATED PRESS

Tiger Woods salutes the crowd on Sunday in Doral, Fla. GETTY IMAGES

NBA

Heat cruise to 18th straight win

Mario Chalmers scored 26 points, Chris Bosh added 24 and the Miami Heat won their 18th straight game, easily topping the Indiana Pacers 105-91 on Sunday night. The streak ties the seventh longest in NBA history. THE ASSOCIATED PRESS

NBA

Howard leads way as Lakers top Bulls

Dwight Howard scored 16 points and grabbed 21 rebounds, Kobe Bryant chipped in with 19 points, nine assists and seven rebounds, and the Los Angeles Lakers beat the Chicago Bulls 90-81 Sunday.

THE ASSOCIATED PRESS

MLB

"You can't sit there and dwell on it. It's done, it's over."

Toronto Blue Jays starter Ricky Romero who is trying to recover from a terrible 2012 season where he accumulated a 9-14 record with a 5.77 ERA.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Today's new moon will be helpful if you have a clear idea of what it is you want. If though you are still confused or undecided it will most likely pass unnoticed. It's not too late to make up your mind.

♉ Taurus
April 21 - May 21
There is no guarantee that what you are about to attempt will succeed but don't let that stop you. Life is an adventure or it is nothing.

♊ Gemini
May 22 - June 21
Everything happens for a reason and if you keep that thought in mind today you won't be too fazed by what occurs. On the work front someone in a position of authority could make you an interesting offer.

♋ Cancer
June 22 - July 23
Try to stand outside yourself and see the bigger picture. If you look at today's events from a purely personal point of view you run the risk of missing something important. Widen your perspective, just a little.

♌ Leo
July 24 - Aug. 23
If there are things about your life and your relationships that you do not like then get rid of them now. Not everyone will be happy with the changes you make but that's all the more reason to make them.

♍ Virgo
Aug. 24 - Sept. 23
What happens over the next few days could turn your world on its head. Just when you thought Lady Luck had forgotten about you up she pops up to bring you something nice.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on your plans. What happens this week may cause you to think again about your ambitions but don't use that as an excuse to abandon them altogether. You're still moving in the right direction.

♏ Scorpio
Oct. 24 - Nov. 22
A new moon in your fellow Water sign of Pisces means you can quite easily make your dreams come true. Don't let any kind of negative thoughts take root in your mind today. Think positive. Feel positive. Act positive.

♐ Sagittarius
Nov. 23 - Dec. 21
A loved one may give you a hard time but if you are smart you won't give them a hard time back. It's not you they are annoyed with but life in general. By this time tomorrow the crisis will have passed.

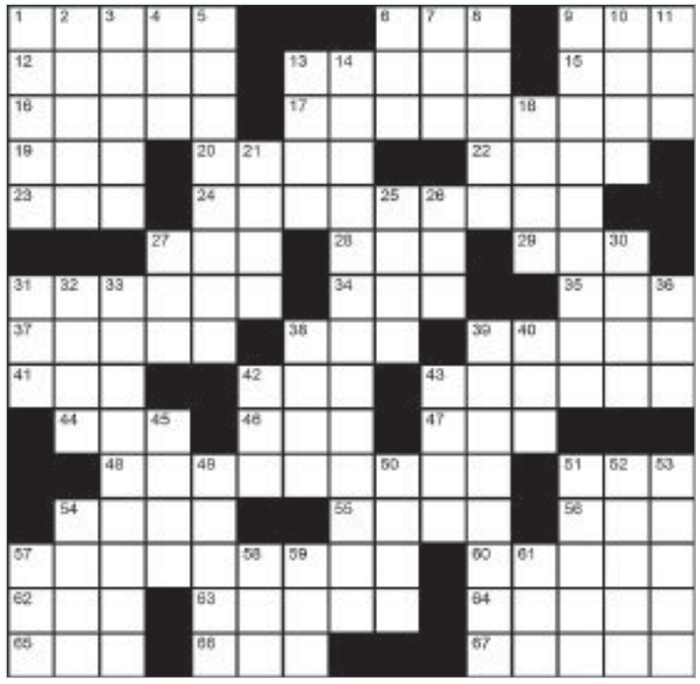
♑ Capricorn
Dec. 22 - Jan. 20
Something you say or do over the next 24 hours could easily be taken the wrong way by someone you love. Do you really have to be so blunt? Think before you speak.

♒ Aquarius
Jan. 21 - Feb. 19
The planets suggest you have been kidding yourself about the real reasons for a failure of some kind. It would help if you saw things as they really are.

♓ Pisces
Feb. 20 - March 20
Today's new moon in your sign will encourage you to believe that all things are possible. It will also encourage you to actually do something creative rather than just think about it. It's time to step up and shine. SALLY BROMPTON

Crossword: Canada Across and Down

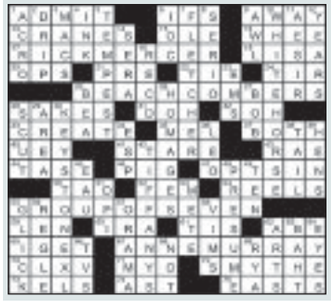
BY KELLY ANN BUCHANAN



Across
1. Star Wars character, __ Vader
6. Saint-Jean-__-Richelieu, QC
9. Mom's hubby
12. Kleenex-user's sound!
13. Coming-__-__ movie
15. She gave Odysseus a veil
16. Corporate shuffle, in brief
17. Cape Breton __ National Park
19. Airport schedule acr.
20. SNL alum Kristen
22. Stock mkt. debuts for companies
23. __-eyed
24. Montreal football players
27. "Raiders of the Lost __" (1981)
28. Meas. from a circle's centre
29. Rested
31. Tries to get a dieter to eat chocolate
34. Hectic hosp. units
35. Hesitant sounds
37. Smudges
38. Internet connection letters
39. Tom Cruise flick, "__ Maguire" (1996)
41. As written
42. Type of pan
43. Beer brand, __ Canadian
44. Calder Cup sports org.
46. 'Masc' ender (Eye makeup)
47. "Fancy that." [pl.]
48. Activity for Canada Geese in Spring
51. Hat
54. Gas, for instance
55. Hostels
56. "__ Maria"
57. Shakespeare: Othello's wif
60. Fortune Teller's card
62. "Hey, no need to overshare!", briefly
63. Hair fringes
64. Broadcasting now: 2 wds.
65. Cul-de-__
66. Greek alphabet's 7th letter
67. The 'N' of TNT

Down
1. Challenged
2. Prefix meaning 'Vinegar'
3. US state, __ Island
4. Maple Leafs, on scoreboards
5. Harry Potter's school
6. Droop
7. "Gross me out."
8. Illuminated the candle again
9. They roamed the Badlands of Alberta
10. Conjunctions
11. __ and don'ts
13. __ Art Company (Etch a Sketch maker)
14. March 11-17: London, ON is hosting the 2013 ISU World __ __ Championships
18. Imitates
21. Varieties
25. British peer
26. CFL cheers-getters
27. Mo. after March
30. Via, to a poet
31. "Conan" cable network
32. Director Mr. Kazan
33. VJs network
36. Tip to 'thetic' (Man-made)
38. "__ the Explorer"
39. Governor General of Canada, David __
40. Ems preceders
42. Military conflict
43. Satellite
45. Fibbed
49. The __ (Area of Ottawa)
50. "__ __ little time..." (The quickest way)
51. 18-__ gold [var. sp.]
52. Intro-to-French verb
53. Gas station, __-Canada
54. Hurricane Katrina org.
57. Calendar times, e.g.
58. Welcome __
59. "Bird __ __ Wire" (1990)
61. Cuckoo bird type

Friday's Crossword



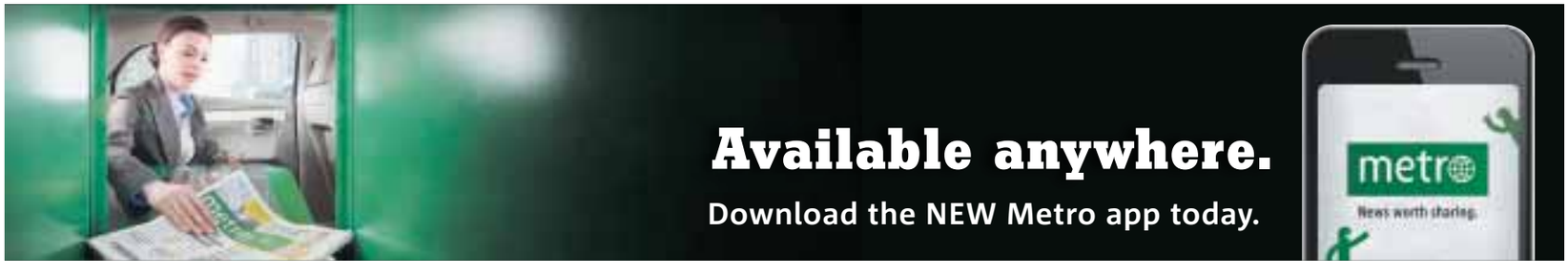
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		8		3		6	
	8	9				1	3	
3								9
		5	6	1	9	3		
		1	5	7	8	2		
8								4
	2	6				7	8	
	9		7		4		2	

Friday's Sudoku

1	6	3	2	5	8	9	4	7
5	4	9	6	3	7	2	8	1
7	2	8	1	9	4	5	3	6
8	9	1	4	7	6	3	5	2
4	7	5	3	2	1	8	6	9
6	3	2	5	8	9	1	7	4
9	8	4	7	1	5	6	2	3
3	1	6	8	4	2	7	9	5
2	5	7	9	6	3	4	1	8



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